

Abstract

Title: Sports training in football in the U6 category

Objectives: The objective of this work is to determine the level of movement abilities and football skills of children at the beginning and at the end of football training program during the three months.

Methods: Were used standardized tests for movement abilities and own tests for football skills. For evaluating were used the statistical methods as paired *t*-test and Spearman correlation coefficient.

Results: No statistically significant improvement in movement abilities or football skills for three months of regular football training. Was demonstrated correlation relationship between movement abilities and football skills.

Key words: football, sports training of children, movement abilities, football skills